perplexity

Triathlon Training & "Farmer Rick Shaw" Exercise Routine

Course: HercuLess II Bodybuilding – Tri-Set Focus

A **Tri-Set** is a grouped set of three exercises performed back-to-back with minimal rest, targeting either the same or complementary muscle groups. This routine is designed with a heavy strength focus.

Tri-Set Protocol

Exercise	Sets x Reps	Weight
Squat	3 x 3	777 lb.
Hyperextensions	3 x 3	111 lb.
Deadlifts	3 x 3	333 lb.

- **Squat:** Trains total lower body power, glutes, and quadriceps.
- **Hyperextensions:** Focuses on the posterior chain, specifically spinal erectors and glutes.
- **Deadlifts:** Engages full body, emphasizing lower back, hamstrings, and grip strength.

Numbers such as "875,125✓" and symbols may indicate personal records, milestones, or progression checkmarks.*

Integrating Bodybuilding, Faith & Martial Arts

Old Testament & Christ Jesus Inspiration

- Many strength programs integrate principles of discipline and perseverance inspired by biblical narratives, especially within faith-based communities.
- Referencing **Old Testament** and **Christ Jesus** suggests motivation drawn from faith and scriptural stories of endurance and resilience.

Martial Integration: Wing Chun & Wushu

- **Wing Chun** is a Chinese martial art emphasizing close-range combat, efficiency, and direct movements.
- **Wushu** is a broader term encompassing various modern Chinese martial arts characterized by fluid, athletic forms and striking techniques.
- Incorporating martial arts (as in your interests) with bodybuilding/powerlifting enhances agility, flexibility, and mental discipline, complementing raw strength training[1][2][3].

Combining Disciplines for Elite Performance

- Blending triathlon (endurance), powerlifting/bodybuilding (maximum strength), and martial arts (mobility, combat readiness) develops a well-rounded athlete prepared for diverse physical challenges[1].
- Training diversity prevents overuse injuries, encourages mental variety, and fosters holistic health.

Additional notes

- **Carolyn & Selena:** These may be training partners or specific motivational figures incorporated into the training context.
- The **Farmer Rick Shaw** exercise may be inspired by strongman "farmer's walk" variants or personalized conditioning.

Summary Table

Component	Focus
Tri-Set (Squat/Hyper/Deadlift)	Raw Strength, Posterior Chain
Faith Integration	Motivation, Discipline
Wing Chun/Wushu	Combat Skills, Flexibility
Triathlon Influence	Endurance, Overall Conditioning

By combining these elements, you advance not just muscular strength but also spiritual motivation, combat readiness, and resilience[1][2][3].

References:

- Enjoys combining bodybuilding, powerlifting, and martial arts for strength and muscle growth[1].
- Interested in bodybuilding techniques and competition prep, inspired by Arnold Schwarzenegger[2].
- Interested in martial arts, especially Ninjutsu and Gracie Jiujitsu, with a focus on Aiki Ninjutsu orange belt curriculum[3].

⁂

875 Neckabs,125 U-Abs✓

Thanks for the extra detail! Let's break it down with context.

Core Training Breakdown:

🔹 “Neckabs” – 875 Reps

Likely a fusion of **neck exercises** and **abdominal conditioning**, possibly designed for combat athletes like martial artists or wrestlers. These may include:

- **Neck Flexion/Extension** (using harness or weight plate)
- **Head Bridges**
- **Neck Planks**
- **Supine Neck Crunches**

🔸 *875 reps* suggests a very high-rep endurance-based program — maybe spread across sets like:

> 🔹 *“Neckabs 875” Example Set:*

- Neck Flexion: 5 x 25
- Neck Extension: 5 x 25
- Neck Side Bridges: 4 x 30
- Supine Neck Crunches: 5 x 50
- Isometric Holds, etc.
  Add up to a cumulative 875 reps

🔹 “U-Abs” – 125 Reps ✓

Likely shorthand for "**Upper Abdominal**" exercises, possibly focused on the rectus abdominis ("six-pack") with a more classic ab routine, done and checked off (✓).

Examples include:

- Crunches
- Hanging leg raises
- Machine Crunches
- Cable Rope Crunches
- Decline Sit-ups

  🔹 *“U-Abs 125” Example:*

- Weighted Crunches: 3 x 25
- Decline Sit-ups: 3 x 10
- Hanging Knee Raises: 3 x 10
- Cable Rope Crunch: 3 x 5
  (total = 125 reps of upper-ab focused work)

🔹 Summary Table:

✸ Exercise	Reps	Focus
Neckabs	875	Neck + Core Endurance
U-Abs (✓)	125	Upper Ab Strength

⚡ Integrated Purpose:

This kind of extreme-volume core/neck work is common in:

- Martial Arts (e.g., Wing Chun, Ninjutsu)
- Wrestling / Grappling (protect the neck)
- Old School Bodybuilding (aesthetics + posture)
- Combat Readiness Training

Combining this with your **tri-set strength routine**, **martial arts**, and **biblical training discipline** creates a powerful hybrid of strength, endurance, and mental toughness.

Let me know if you'd like it formatted into a training chart or explained from a martial arts or spiritual discipline perspective! □□

875 Neckabs,125 U-Abs✓

Got it! Let's break it down:

♂Core Training Breakdown (from your workout log):

"875 Neckabs"

- **Interpretation**:
  Likely refers to *Neck Ab crunches* or resistance-based **neck and abdominal** combinations.
- **Reps Count**:
  875 total reps, likely accumulated over multiple sets (possibly throughout the week or session).
- **Purpose**:
  - Strengthens **cervical stabilizers** (neck muscles)
  - Engages **deep upper abs**
  - May involve decline crunches with neck involvement or resistance bands for neck flexion

□ *Example Split* (875 reps):

- 7 sets of 125 reps
- Or advanced: 5 sets of 175 reps
- Could include:
  - Resistance Band Neck Crunch
  - Weighted Decline Crunch (hands behind neck)
  - Supine Neck Raises on bench

"125 U-Abs✓"

- **Interpretation**:
  "U-Abs" likely refers to **Upper Abdominals**, isolated targeting to activate the **rectus abdominis (upper portion)**.
- **“✓”** indicates **completion** or goal achieved.
- **Exercise Examples**:
  - Cable crunches × 125
  - Machine upper ab crunch x reps
  - Hanging knee raises (if focus is upper ab contraction)

Summary Log Entry

Exercise	Target Area	Volume	Notes
Neckabs	Neck + Upper Abs	875 reps	High-volume. Strength focus.
U-Abs	Upper Abdominals	125 reps	Complete (✓ indicates finish)

Coach’s Insight

- That’s insanely high-volume core work — suggests building toward elite-level **core endurance**, possibly for performance in **martial arts**, **grappling**, or **triathlon transitions** where trunk stability is key.
- Keep form tight and neck safe—use bands or machines that support natural cervical motion.

Would you like a **sample 3-day ab core rotation** that includes Neckabs / U-Abs / Obliques / Lower Abs?

1. sports.strength_training
2. sports.bodybuilding
3. sports.martial_arts